

## Oral Herpes (Cold Sores)

In the child care setting, children and staff may have herpes simplex complex infections of the lips and mouth. Commonly, these infections are acquired for the first time in early childhood and may reappear throughout a person's lifetime. Herpes simplex virus can also cause infections of the eyes, fingers, and central nervous system. There is a second type of herpes simplex infection that is sexually transmitted and most often affects the genitals.

**CAUSE:** *Herpes simplex virus* type I (HSV-I)

**SYMPTOMS:** Fluid-filled blisters (cold sores, fever blisters) appear on the lips and face, less often in the mouth. They usually crust and heal within a few days. Many primary infections and recurrence are asymptomatic.

**TRANSMISSION:** By close person-to-person contact, such as through direct contact with saliva or the sores (i.e., kissing).

**INCUBATION:** It takes 2 to 12 days from the time a person is exposed until symptoms occur.

**CONTAGIOUS PERIOD:** Unknown.



Exclude a child with op blister or mouth sores only if the child is known to bite others, drool uncontrollably, or mouths toys other children may put in their mouths. Do not kiss the child or allow the child to kiss others where direct contact with sores may occur.

## *Prevention & Control*

1. Frequent hand washing with soap and warm running water for at least 20 seconds for infected persons and caregivers. If hand sanitizers are used, they may be used only after thorough hand washing.
2. Caregivers wear gloves when contact with blisters in necessary.
3. Do not kiss an infected person when blisters are present.

4. Clean and sanitize mouthed toys at least daily and when soiled.



**1. Bleach Sanitizer (Use non-scented)**

- 1 teaspoon bleach in 1 gallon water
- $\frac{1}{4}$  teaspoon bleach in 1 quart water

*USE TEST STRIP TO CHECK CONCENTRATION.*

*DO NOT RINSE, LET AIR DRY.*

*PREPARE FRESH SOLUTION DAILY.*

OR

**2. Commercial or food grade sanitizer that is EPA approved**

*FOLLOW MANUFACTURER'S DIRECTIONS.*

5. Treatment: Call your physician. They may prescribe an ointment.